

## **SHOOTING ON THE MOVE**

In some cases, the shooter may need to engage a target while actually moving. It is generally more accurate to stop (behind cover), acquire the front sight and a stable firing platform, and deliver effective fire; however, the incoming rounds have the “right-of-way”. The shooter needs to practice shooting while moving as it tends to disrupt the suspect’s plan (OODA Loop), causing him to have to re-adjust which may give the officer just enough time to defend himself..

Regardless of the direction moved, the shooter lowers his body and spreads his feet apart. He lowers his center of gravity and makes the most stable firing platform possible. The shooter walks like he is carrying a full cup of coffee (think of the technique as “floating the barrel” of the weapon); short, smooth heel/toe steps where the upper body remains steady. Pull the weapon firmly into the body and roll the shoulders in. If using a sliding CAR-15 type stock it may help to shorten the stock one or more notches. Many operators close the stock fully. This position is difficult to describe and must be demonstrated.

It is important that the shooter **does not stop to shoot**, but continues his directional movement while shooting. This technique is intended to move quickly, dominate the gunfight, and either subdue the opponent or get to a position of safety.

### **Moving Forward**

The technique begins with a squared shooting stance. The shooter bends slightly at the knees and begins to walk slowly and smoothly towards the target pattern while keeping the sights on the threat. The bent knees should be acting as shock absorbers and allow the sights to remain fairly steady on the vital area of the threat. The trigger is pressed as the shooter moves even though the sight “wobble zone” is probably larger than normal.

**Instructor Note:** It is essential that the basic fundamentals of marksmanship are reinforced here. Smooth trigger control will insure good hits. The techniques should be practiced slowly and with an empty weapon at first.

Some have described the movement as walking on a balance beam or stalking a game animal in the forest. Remember to keep the steps small and rolling from the heel to the toe. To speed up the pace take faster heel-toe steps not longer strides, and keep the knees bent.

In the following series of images one can see the heel to toe placement of the shooter’s feet.



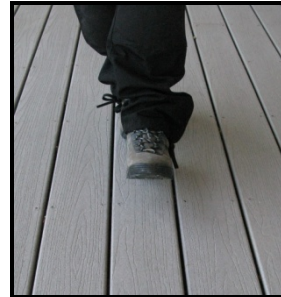
If you need to move faster, take quicker heel-toe steps, NOT longer strides.



Heel-Toe



Heel-Toe



**Not Like This.** Longer steps will make it much more difficult to keep the rifle's sights on the target as the longer steps create more weapon "bounce".

When the shooter decides to stop because he/she is behind cover or the threat is eliminated the shooter returns to stable squared stance.



### **Moving Left to Right**

This is a more natural shooting position for a right handed shooter. A left handed shooter may want to transition to the right side depending on the range to the threat. (See sec. 8) Keep the weapon mounted tightly to your shoulder. The shooter uses the same heel-toe technique but with the upper body slightly rotated to the left (towards the threat). Remember the knees are the shock absorbers so keep them slightly bent.





### Moving Right to Left

This is a more natural shooting position for a left handed shooter. A right handed shooter may want to transition to the left side depending on the range to the threat. (See sec. 8) Keep the weapon mounted firmly to your shoulder. You may end up canting the weapon slightly.



The right handed shooter twists the upper torso while keeping the legs and feet moving in the intended direction of travel. Remember to maintain the smooth heel-toe foot placement. Bending the knees will assist the shooter in twisting the upper torso and help keep the sights on target.

**Note:** This technique can be awkward for many shooters to accomplish. It may be much more efficient for the shooter to transition to the support side.



After transitioning to the support side the right handed shooter will find it easier to keep the sights on target as he/she moves. The addition of a red dot type optic device will greatly enhance the operator's ability to place accurate hits on the threat as they shoot on the move.

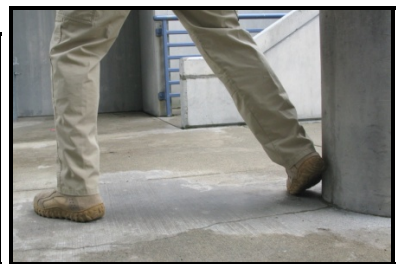
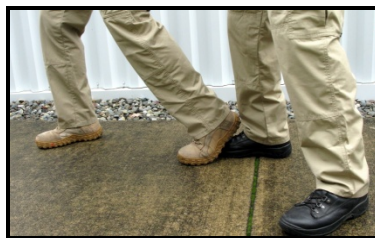
### Moving Back

The key element to shooting while moving backwards is to “search with your foot” as you move away from the threat. The officer maintains their focus down range towards the threat as they slide their strong leg/foot back. As the foot slides back the officer confirms that the space is safe or unobstructed. The rear foot slides back and then the forward foot slides back to close up the shooter’s stance. This allows the operator to maintain a stable shooting platform and accurately engage the suspect as they move out of harm’s way.

The process of searching with the back foot should prevent the officer from stumbling down an open stairway in the dark, or tripping over a sidewalk curb when backing up across the street.



*Searching with the back foot...*



*...Tells the shooter what is behind him: stairs, another officer, a wall...*